

Title: Easing the Pressure of Migraines: Impact of Migraine Prophylaxis on Future Consumption of Healthcare Services in the Department of Defense.

Objective: The objective of this study is to determine if consumption of pharmacologic prophylactic therapy for migraine headaches reduce costs and utilization of disease-related, healthcare services in the Department of Defense.

Background: Migraine headache is a widespread and disabling neurological disorder, manifested by bouts of severe headache classified by presence or absence of an aura. Patients suffering with this debilitating illness are more likely to access the healthcare system, consume greater amounts of health resources, and experience diminished productivity in the workplace compared to patients without migraines. Preventative therapy with prescription medication is recommended in patients with more advanced disease. Current research suggests preventative therapy can reduce frequency of migraine headaches by 50 percent. However, it is unclear what impact preventative therapy has on a patient's overall healthcare utilization.

Methods: This study will employ a retrospective observational cohort design of pharmacy and medical claims data within the Military Health System Mart (M2) database. Study enrollment will target newly diagnosed patients with migraine headaches identified by diagnosis, procedure, and prescription history. Outcome measures will consist of migraine related expenditures including costs of prescription utilization, physician visits, neuroimaging procedures, and emergency room use. Independent variables will be derived from the Anderson Model of Health Services Utilization. These variables include use of pharmacologic prophylaxis, age, gender, Tricare enrollment status, Tricare region, location of care, branch of service, patient comorbidities, and provider specialty. Relationships will be examined using multiple regression models.

Results: Proposed Research.

Conclusion: This exploratory research should provide a better understanding of migraine treatment, including the impact of preventative therapy on overall healthcare utilization in the Department of Defense.

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